

CLOSELY SPACED PREGNANCIES

(332)

PARTICIPANT TYPE..... PREGNANT, BREASTFEEDING, DELIVERED WOMEN
HIGH RISK.....No

RISK DESCRIPTION:

Conception before 16 months postpartum

- Pregnant Women: current pregnancy
- Breastfeeding and Delivered Women: most recent pregnancy

Note: This includes conceptions < 16 months after the termination of any pregnancy, regardless of pregnancy outcome.

ASK ABOUT:

- Pregnant Women:
 - Common problems of pregnancy affecting appetite and intake (nausea, vomiting, heartburn) and her coping strategies
- All Women:
 - Pre-pregnancy weight, weight gain pattern and current weight status
 - Previous pregnancy outcomes
 - Access to health care and whether she has been keeping her appointments
 - Appetite and typical meal and snack pattern
 - Use of dietary supplements
 - Food security status of the household
 - Medical conditions, medications and recent illnesses that may affect appetite
 - Household and family environment including financial and emotional stresses; support from partner, family and friends with household tasks and caring for other children

NUTRITION COUNSELING/EDUCATION TOPICS:

- All Women:
 - Women with closely spaced pregnancies have an increased risk of delivering a low birth weight baby in subsequent pregnancies. The increased risk is for small gestational age term births rather than for low birth weight due to prematurity.
- Pregnant Women:
 - Review weight gain goal in relationship to current weight gain status.
 - Review the basics of a healthy diet for pregnancy using MyPyramid as the basis and make appropriate suggestions as needed.
 - Good nutrition is important to replenish nutrients that were depleted during the previous pregnancy.

NUTRITION COUNSELING/EDUCATION TOPICS (CON'T):

- Breastfeeding and Delivered Women:
 - If she is capable of becoming pregnant again:
 - Explain that her body needs time to replenish its nutrient stores before another pregnancy. The current recommendation is to delay the next pregnancy for at least 16 months.
 - Encourage her to consume 400 mcg of folic acid every day from a dietary supplement or a fortified breakfast cereal.
 - Review the basics of a healthy diet using MyPyramid as the basis and make appropriate suggestions to increase the nutrient density of the diet as needed.
 - Good nutrition is important for restoring depleted nutrients. Healthy food choices will also help her be strong and healthy so that she can recover from her most recent pregnancy and care for her family.
 - Suggest ways that family and friends can help with household tasks so that she can recover during the early postpartum period and, if she is breastfeeding, focus her attention on getting breastfeeding established.

POSSIBLE REFERRALS:

- If she needs information about birth control options, refer her to the local family planning program (<http://www.ndhealth.gov/family-planning/>) or her primary care provider. Remind her to share if she is breastfeeding so that methods compatible with breastfeeding are recommended.
- If she is not receiving prenatal care or routine postpartum care or is not keeping her appointments, refer her to primary care providers in the community, the Optimal Pregnancy Outcome Program (OPOP) (<http://www.ndhealth.gov/opop/>), or the local public health department.
- If access to sufficient food is a concern, refer to other food assistance programs such as SNAP, local food pantry, etc.
- If oral health status is affecting her ability to consume an adequate diet, refer to a local dental office, the local public health department (public health hygienists) or Health Tracks (if on medical assistance) for additional screening and referral. More information about oral health services in ND can be found at <http://www.ndhealth.gov/oralhealth/>.
- If the household and family situation is so stressful that it affects her ability to care for herself and consume a healthy diet, refer her to the Optimal Pregnancy Outcome Program (OPOP) (<http://www.ndhealth.gov/opop/>) or a social services agency.
- If she is breastfeeding and could benefit from peer support, refer her to the peer counseling program or other community-based breastfeeding support program.